

Heart Rate Monitor with Speed and Distance plus PC Connection

Model: SE836

心跳監控器附速度和距離計外加電腦連線

型號: SE836

User Manual

使用指南

Heart Rate Monitor with Speed and Distance plus PC Connection

MODEL: SE836

USER MANUAL

CONTENTS

INTRODUCTION

Thank you for selecting the Oregon Scientific™ Heart Rate Monitor with Speed and Distance plus PC Connection (SE836). Apart from being an advanced heart rate monitor, this watch is also designed with PC compatibility to allow users to store exercise data for analysis and fitness management. Other functions such as speed and distance measurement, exercise timer with laps and exercise profiles are available for users to optimize their workout.

2.4GHz-ANT Sports System is used in this watch to achieve reliable transmission linkage with other devices such as chest belt, foot pod or bike pod.

IMPORTANT This watch is for sport purposes only and is not meant to replace any medical device.

Patent Notice: This product is protected by US Patent No. 7,237,446 (European Patent pending).

PACKAGE ITEMS

The package should include the following items:

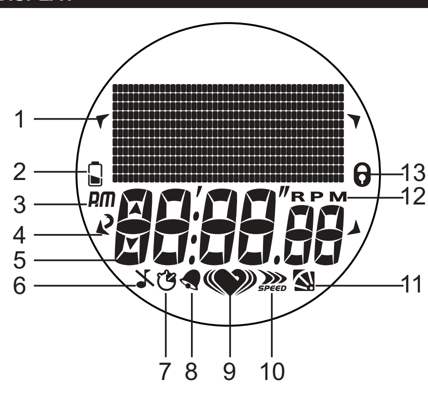
- 1 x SE836 watch
- 1 x SZ909 chest belt
- 1 x AD182 hub (optional)
- 1 x bike mount (with 2 nylon cords)
- 2 x CR2032 3V lithium batteries (already installed in watch and chest belt)

CONTROL BUTTONS



1. **- / SP** : Toggle options; decrease value; pause/stop during exercise
2. **MODE** : Toggle modes; return to previous page
3. **SET** : Confirm settings; set alarm on/off in Time mode
4. [backlight icon] / [lock icon] : Activate backlight; lock / unlock keypad
5. **ST / LAP / +** : Toggle options; increase value; mute/un-mute in Time mode

DISPLAY



1. : Key to press indicator
2. or : Indicates battery power is low or empty
3. AM / PM: 12 hour clock
4. : Press and hold **MODE** to go directly to Time mode
5. : Indicates up / down or upper / lower limit
6. : Indicates beep tone is off
7. : Indicates exercise timer is activated
8. : Indicates alarm is on
9. : Indicates heart rate signal is received or heart rate chest belt is paired
10. SPEED : Indicates speed and distance signal is received or foot pod is paired
11. : Indicates bike and cadence signal is received or bike pod is paired
12. RPM : Resolutions per minute (unit of cadence)
13. : Indicates keypad is locked

STARTING YOUR WATCH (FIRST TIME)

After removing the watch from the package, activate it by pressing and holding **MODE** until the display is shown. The watch will prompt you to set your user profile.

SETTING UP YOUR WATCH

IMPORTANT

- To ensure accurate calculations with your exercise, you are strongly required to set the watch and user profiles before exercising.
- Remember to set the profiles after every battery replacement or reset.

NOTE When the watch is left idle for 30 seconds during set up, it will automatically exit.

SET USER PROFILE

When prompted to set user profile after starting the watch the first time, the screen below will be shown. Go directly to step 4.



For normal setting procedure:

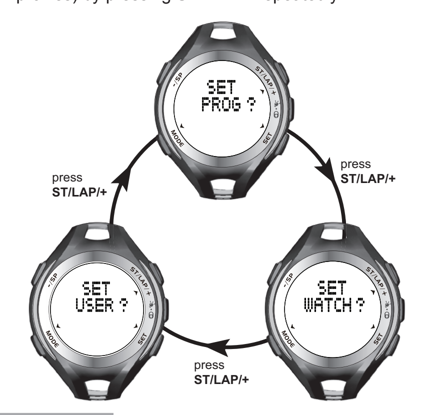
1. Press **MODE** repeatedly to select SET.
2. Press **ST/LAP/+** repeatedly to select "**SET USER**".
3. Press **SET** to enter user profile setting options.
4. Press **ST/LAP/+** to select option, then press **SET** to confirm.
5. Continue setting your user profile according to the following order: year of birth, month of birth, day of birth, weight unit and weight value, by pressing the following buttons:

- **ST/LAP/+** to increase value or select option
- **-/SP** to decrease value
- **SET** to confirm selected option

6. After your user profile is set, the screen below will be shown.



7. You can continue setting other profiles (watch or exercise profiles) by pressing **ST/LAP/+** repeatedly.



IMPORTANT Reset the user profile if the watch will be used by another person.

SET WATCH PROFILE

1. Press **MODE** repeatedly to select SET.
2. Press **ST/LAP/+** repeatedly to select **"SET WATCH"**.
3. Press **SET** to enter watch profile setting options.
4. Press **ST/LAP/+** or **-/SP** to select the option to set: set alarm, set time, set date, set unit, set alert*, set view**.
5. Press **SET** and start setting the selected option by pressing the following buttons:
   - **ST/LAP/+** to increase value or select option
   - **-/SP** to decrease value
   - **SET** to confirm selected option

***** During exercise, when the heart rate is out of the target zone, the watch will send out visual and sound alert. You can select to turn on/off the sound alert in the **"SET ALERT"** option. For details of target zone, refer to **"TARGET ZONE"** section in this manual.

****** During exercise, the watch will toggle display your exercise information. You can select to turn on/off the toggle display in the **"SET VIEW"** option.

SET EXERCISE PROFILE

IMPORTANT Reset the exercise profile if the watch will be used by another person.

You can select to set the default exercise profiles in the watch.

SET EXERCISE PROFILE IN WATCH

You can set the 3 default exercise profiles (Cardio, Run, Cycling) in the watch.

1. Press **MODE** repeatedly to select SET.
2. In "**SET PROG**", press **SET** to enter exercise options.
3. Press **ST/LAP/+** or **-/SP** to select the exercise to set: set cardio, set run, set cycling.
4. Press **SET** to confirm selection, then continue to set the profile* of the selected exercise by pressing the following buttons:
   - **ST/LAP/+** to increase value or select option
   - **-/SP** to decrease value
   - **SET** to confirm selected option

***** The profile setting sequence is as follows:

1. Warm up ti



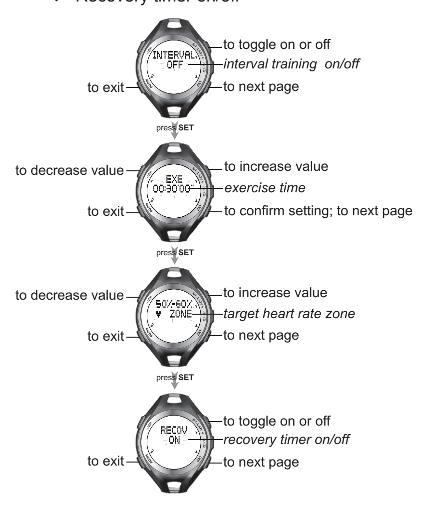
2. Interval training on/off

   2a If you set interval training to <u>on</u>, you have to set:
   - ❖ Number of interval (2-5)
   - ❖ Interval work time for each interval
   - ❖ Rest time for each interval
   - ❖ Target heart rate zone (1-5) [For details, refer to "**TARGET ZONE**" section in this manual]
   - ❖ Recovery timer on/off

to toggle on or off
INTERVAL ON
interval training on/off
to exit
to next page
press SET
to decrease value
to increase value
INTERVAL NUMBER 5
number of interval
to exit
to next page
press SET
to decrease value
to increase value
EXE 00:05'00"
interval work time for each interval
to exit
to confirm setting; to next page
press SET
to decrease value
to increase value
REST 00:01'00"
rest time for each interval
to exit
to confirm setting; to next page
press SET
to decrease value
to increase value
50%-60% ♥ ZONE
target heart rate zone
to exit
to next page
press SET
to toggle on or off
RECOV ON
recovery timer on/off
to exit
to next page

2b If you set interval training to <u>off</u>, you have to set (for <u>Cardio</u> setting only):

- ❖ Exercise time
- ❖ Target heart rate zone (1-5) [For details, refer to "**TARGET ZONE**" section in this manual]
- ❖ Recovery timer on/off

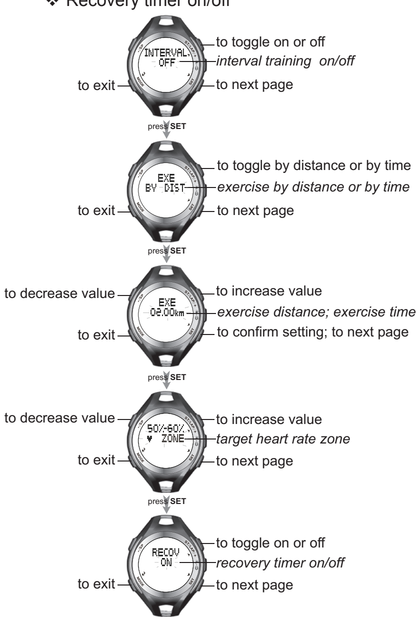


2c If you set interval training to <u>off</u>, you have to set (for <u>Run and Cycling</u> setting only):

- ❖ Exercise by distance or by time
- ❖ Exercise distance or exercise time

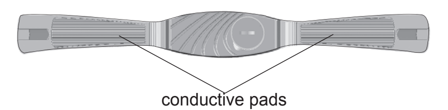
❖ Target heart rate zone (1-5) [For details, refer to "**TARGET ZONE**" section in this manual]

❖ Recovery timer on/off

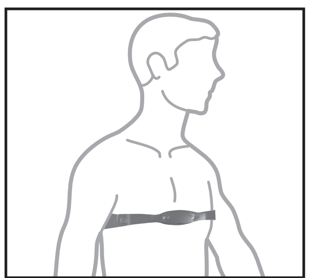


WEARING CHEST BELT

1. Wet the conductive pads on the underside of the chest belt with a few drops of water or a conductive gel to ensure solid contact.



2. Strap the chest belt across your chest. To ensure an accurate heart rate signal, adjust the strap until the belt sits snugly below your pectoral muscles.



TIPS

- The position of the chest belt affects its performance. Move the chest belt along the strap so that it falls above your heart.
- Avoid areas with dense chest hair.

- In dry, cold climates, it may take several minutes for the chest belt to function steadily. This is normal and should improve with several minutes of exercise.
- To maintain the best performance of your chest belt, please handle it with care according to the following:
  - Do not wrap the chest belt in a wet towel nor with other wet materials.
  - Do not store the chest belt in a hot (about 50°C) and humid (about 90%) environment.
  - Do not place or wash the chest belt under running water, instead clean it with a wet cloth.
  - Do not place the conductive rubber face down on a metal table or surface.
  - Properly dry the chest belt immediately after use.

PAIRING DEVICE

IMPORTANT SZ909 chest belt allows pairing of both heart rate and foot pod functions.The watch can also pair with other chest belts and devices such as foot pod and bike pod that use the ANT Sports System. However, other chest belts can only allow pairing of heart rate function.

1. Press **MODE** repeatedly to select MDEV. The watch will show how many and which devices are paired (if any). If no device is paired, the watch will show "**0 DEVICE PAIRED**".
2. Press **SET** to enter "**PAIR DEVICE**". Press **SET** to start pairing.

NOTE While pairing, make sure to stay away from other devices and move the device to pair close to the watch.

PAIR WITH SZ909 CHEST BELT (OR OTHER ANT-SYSTEM CHEST BELTS)

You have 2 ways to pair the watch with chest belt.

- One way is to strap the belt across your chest, and wait until the watch displays



(only with SZ909)

- The other way is as follows:
  1. Hold the chest belt firmly with your thumbs touching the conductive pads that normally contact your chest.
  2. Rub your thumbs back and forth across the conductive pads a few times until the watch displays the screens above.

NOTE Only with SZ909 chest belt can you pair both HR belt and foot pod. If you pair with other ANT-system chest belt, only HR belt can be found.

NOTE For SZ909 chest belt, pairing is only considered successful when both HR belt and foot pod are found.

PAIR WITH ANT-SYSTEM FOOT POD / BIKE POD

You can purchase foot pod or bike pod separately to pair with your watch, as long as they use the ANT system. For information on pairing, refer to their User Guides.

- When the foot pod is paired successfully, the watch will display



- When the bike pod is paired successfully, the watch will display



NOTE If pairing is weak and unstable:

- Shorten the distance between the device and watch.
- Re-adjust the position of the device.
- Check the batteries. Replace them when necessary.

NOTE If the watch is already paired with SZ909 chest belt, and you want to pair with another chest belt, you have to first delete the SZ909 chest belt before you are able to pair with another chest belt. This principle also applies to bike pod and foot pod.

INPUT BIKE WHEEL SIZE (FOR BIKE POD)

The watch will not show "**WHEEL SIZE**" if no bike pod is paired. For details of bike wheel size, refer to "**BIKE WHEEL SIZE**" section in this manual.

If your watch is paired with bike pod, you will be asked to input the wheel size values.

1. Press **MODE** repeatedly to select MDEV.
2. Press **SET**.
3. Press **ST/LAP/+** repeatedly to select "**WHEEL SIZE**".
4. Press **SET**.
5. Input the bike wheel size by pressing **ST/LAP/+** to increase values or **-/SP** to decrease values.
6. Press **SET** to confirm.

REMOVE PAIRED DEVICE

The watch will not show "**DEVICE REMOVE**" if no device is paired.

1. Press **MODE** repeatedly to select MDEV.
2. Press **SET**.
3. Press **ST/LAP/+** repeatedly to select "**DEVICE REMOVE**".
4. Press **SET**.
5. Press **ST/LAP/+** to select which device to delete.
6. Press **SET** to confirm selection.

CALIBRATING PAIRED DEVICE

IMPORTANT To ensure accurate calculations with your exercise, you should first calibrate the watch with the paired device(s).

The watch will not show “**CAL DEVICE**” if no device is paired.

You can calibrate by running or walking. You can also input your Run or Walk parameter, which is your personal calibration ID after you have successfully calibrated by running or walking.

If you want to calibrate the device immediately after pairing, go directly to step 4. Otherwise, start from the beginning.

CALIBRATE BY RUNNING OR WALKING

1. Press **MODE** repeatedly to select MDEV.
2. Press **SET**.
3. Press **ST/LAP/+** repeatedly to select “**CAL DEVICE**”.



4. Press **SET**.
5. Press **ST/LAP/+** to select “**CAL BY RUN**” or “**CAL BY WALK**”. You should calibrate both by running and walking, one after another.





6. Press **SET** to confirm selection.
7. Set distance by pressing **ST / LAP / +** or **- / SP**. Press **SET** to confirm. Use the same distance when calibrating by running and walking.



8. The watch will conduct a device search first, as indicated by flashing SPEED. Wait until SPEED stops flashing.
9. When the screen below is displayed, press **SET** to start calibration.



NOTE Make sure:

- you walk and run on a standard configured track (preferably an athletics track)

- you maintain a continuous and moderate walking and running speed
- you complete walking and running the set distance

10. While calibrating, your watch will show a flashing "CAL" like the screen below. This means calibrating is in progress. Do not stop by pressing **SET** unless you have completed the set distance.



11. After completing the set distance, press **SET** to stop calibration.
    - ❋ If calibration is successful, the watch will display



Run parameter *Walk parameter*

NOTE The Run parameter and Walk parameter is the value to enter when inputting parameter.

- ❋ If calibration fails, the watch will display



If you want to re-do calibration, press **SET** and repeat steps 8-11. Make sure there is battery power in the watch and chest belt, and the chest belt you are wearing is the one paired with the watch (check device ID in Device Mode) and is positioned securely across your chest.Otherwise, press **MODE** to exit.

INPUTTING PARAMETER

You can only know your parameter if you have already successfully calibrated by running or walking beforehand. This is because the parameter is the same value displayed after you have successfully calibrated by running or walking. By inputting parameter, you will be spared the time of calibrating by running or walking again.

1. Press **MODE** repeatedly to select MDEV.
2. Press **SET**.
3. Press **ST/LAP/+** repeatedly to select "**CAL DEVICE**".
4. Press **SET**.
5. Press **ST/LAP/+** to select "**PARA INPUT**".
6. Press **SET** to confirm selection.
7. Input parameter for Walk by pressing **ST/LAP/+** to increase values or **- / SP** to decrease values. The parameter is the same value after you have successfully calibrated by walking.

8. Press **SET** to confirm.
9. Input parameter for Run by pressing **ST/LAP/+** to increase values or **- / SP** to decrease values. The parameter is the same value after you have successfully calibrated by running.
10. Press **SET** to confirm.

CONDUCTING EXERCISE

There are 2 options for exercise: AUTO and PROG.

- AUTO refers to conducting exercise without using the set exercise profile.
- PROG refers to conducting exercise by using the set exercise profile (refer to **"SET EXERCISE PROFILE"** section in this manual).

To conduct exercise:

1. Press **MODE** to select EXE.
   - To exercise without exercise profile, select



Press **SET**.

   - To exercise with exercise profile, press **ST/LAP/+** to select



Press **SET**, then press **-/SP** or **ST/LAP/+** to select which exercise profile to use. Press **SET**.

NOTE Available lap memory refers to the lap memory available to do exercise.In case the display shows "MEMORY FULL", it means your watch does not have any more memory to save your exercise record. See **"AVAILABLE MEMORY FOR EXERCISE"** for more details.

2. Press **SET** to confirm selection.
3. Wait for the watch to search for device first before pressing **SET** to start exercise. See **"DEVICE SEARCH BEFORE EXERCISE"** for more details.
4. During exercise, you can view your exercise data by manually pressing **SET** repeatedly or automatic toggling. See **"AUTO TOGGLE DATA VIEW DURING EXERCISE"** for more details. To know what exercise data are shown, see "**VIEW EXERCISE DATA DURING EXERCISE**" for more details.
5. If you need to take a break during exercise, press **-/SP**. You can resume exercise by pressing **ST/LAP/+**. See **"PAUSE AND RESUME EXERCISE"** for more details.
6. After you completed your exercise, you can save the exercise data. See **"SAVE EXERCISE DATA"** for more details.

NOTE During exercise, if the watch memory becomes full, you will hear a beep sound and the following messages will be displayed:



You can choose to either continue exercising as the exercise timer is still counting, but your exercise data will not be recorded; or you can stop exercising and press **MODE** to exit from the above screens.

AVAILABLE MEMORY FOR EXERCISE

In Exercise mode, when your watch shows memory is full, your exercise data will not be recorded. The following messages will be displayed:



1. Press **SET** if you want to clear the memories or press **MODE** to exit without clearing memories. The following message will be displayed:



2. Press **ST / LAP / +** to select “YES” or “NO”, and press **SET** to confirm.
   - If “YES” is selected, the following messages will be displayed:



   Your watch now has free memories to record your exercise data.

   - If “NO” is selected, your watch will return to the previous display without clearing memories.

NOTE To find out if you have enough memory time before doing exercise, go to Memory mode MEM. See “**DELETE MEMORIES**” for more details.

DEVICE SEARCH BEFORE EXERCISE

Before you start exercise, allow the watch a few seconds to search for device first. This is to ensure you can receive comprehensive calculations (such as your lap, calorie, heart rate, distance, step, speed and cadence) during exercise. But if you start exercise without device search, you will only receive heart rate readings.

When you are in the screen below, you will find that the device icons (, , or) are flashing and there are no heart rate values. Wait until or stops flashing and heart rate values appear. Then you can start exercise by pressing **SET**.



AUTO TOGGLE DATA VIEW DURING EXERCISE

During exercise, if you want the watch to automatically toggle the exercise data, go to Setting Mode to do the setting.

1. Press **MODE** repeatedly to select SET.
2. Press **ST/LAP/+** repeatedly to select **"SET WATCH"**.
3. Press **SET**.
4. Press **ST/LAP/+** or **-/SP** repeatedly to select **"SET VIEW"**.
5. Press **SET**.
6. Press **ST/LAP/+** to select **"TOGGLE ON"**.
7. Press **SET** to confirm selection.

NOTE If you have not set the above setting, you can still view your exercise data by manually pressing **SET** repeatedly during exercise.

PAUSE AND RESUME EXERCISE

If you need to take a break during exercise, press **-/SP**.



During the long pause, the watch will lost connection with the device. Hence, once you resume exercise, allow the watch a few seconds to search for device first by pressing **SET**. You will find that the device icons (, , or) are flashing and there are no heart rate values. Wait until or stops flashing and heart rate values appear. Then you can resume exercise by pressing **ST/LAP/+.**

During pause, if you want to exit exercise:

Press **MODE**. Your exercise data will be automatically saved.

NOTE

- In case the pause has exceeded its time out (5 minutes), your watch will automatically save your exercise record and return to Time mode.
- During pause, if you want to exit exercise without saving your exercise data, press and hold **- / SP**.

SAVE EXERCISE DATA

Press **-/SP** to stop the watch from counting.

Then press **MODE** to exit exercise. Your exercise data will be automatically saved.

NOTE If you want to exit without saving exercise data, press and hold **- / SP**.

EXCEED HEART RATE LIMIT

During exercise, if the upper or lower heart rate limit is exceeded, the watch will warn by beeping and displaying



NOTE This feature is only available when exercising with exercise profile. It is not available when exercising in AUTO sub-mode.

VIEW EXERCISE DATA DURING EXERCISE

During exercise, you can view your exercise data either by automatic toggling or manually pressing **SET** to toggle screens.

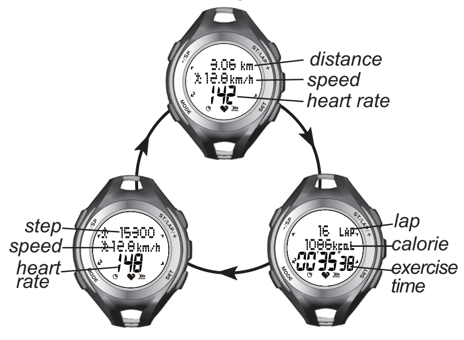
Exercise data for AUTO exercise

The diagrams below illustrate what exercise data will show during exercise when paired with different devices.

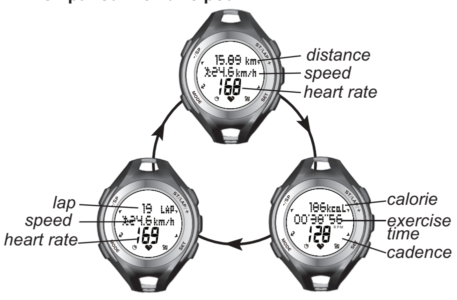
- **When paired with HR chest belt (except SZ909 chest belt)**



- **When paired with HR chest belt + foot pod (or paired with SZ909 chest belt only)**



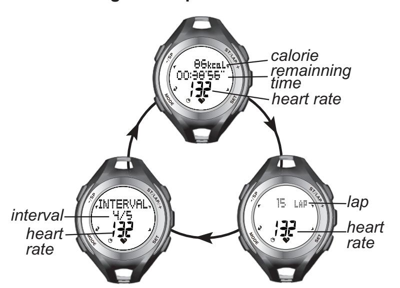
- **When paired with bike pod**



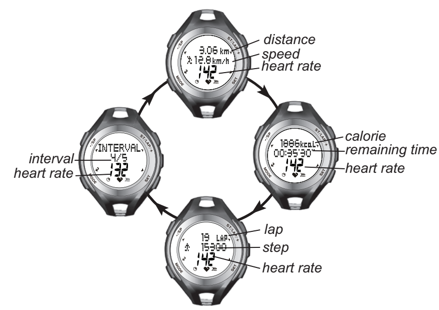
Exercise data for PROG exercise

The diagrams below illustrate what exercise data will show during exercise when using different exercise profiles.

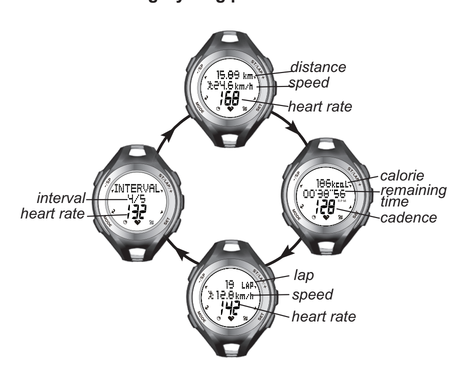
- **When using Cardio profile**



- **When using Running profile**



- **When using Cycling profile**



VIEWING EXERCISE RECORD

NOTE Memory Mode will not display when no exercise record is stored.

To view exercise records:

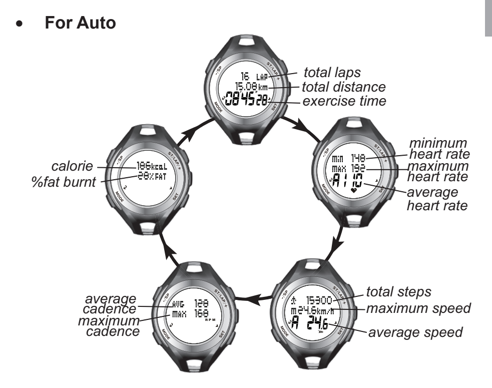
1. Press **MODE** repeatedly to select MEM. Your watch will display the number of exercise records.
2. Press **SET**.
3. View your exercise records by pressing the following buttons:
   - **ST/LAP/+** to select option
   - **-/SP** to select option
   - **SET** to enter Summary Record page or Lap Record page and view record details
   - **MODE** to return to previous page

In each exercise record, it may either include a Summary Record page only or a Summary Record page plus a Lap Record page.

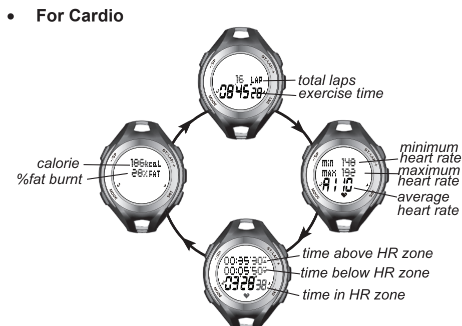
VIEW EXERCISE RECORD IN SUMMARY RECORD PAGE

The diagrams below illustrate what exercise record details will show for different exercise profiles. Press **SET** to toggle screens.

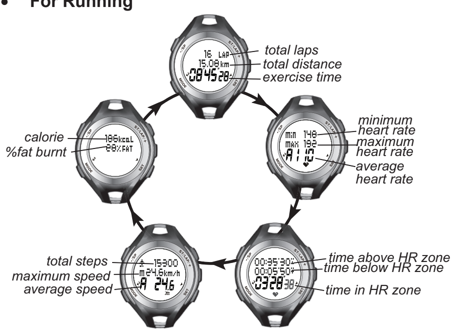
- **For Auto**



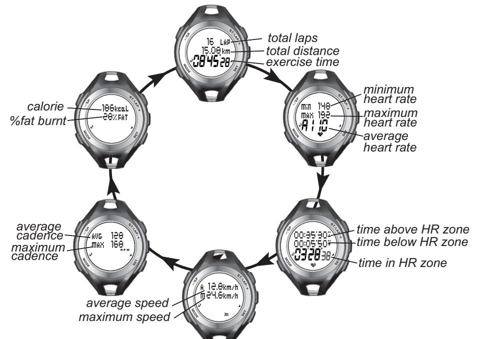
- **For Cardio**



- **For Running**



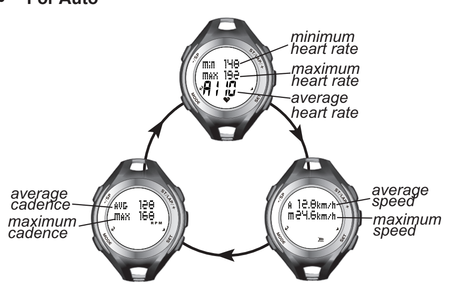
- **For Cycling**



VIEW EXERCISE RECORD IN LAP RECORD PAGE

The diagrams below illustrate what exercise record details will show for different exercise profiles. Press **SET** to toggle screens.

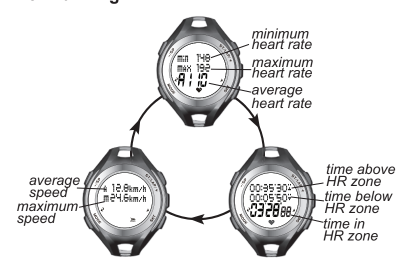
- **For Auto**



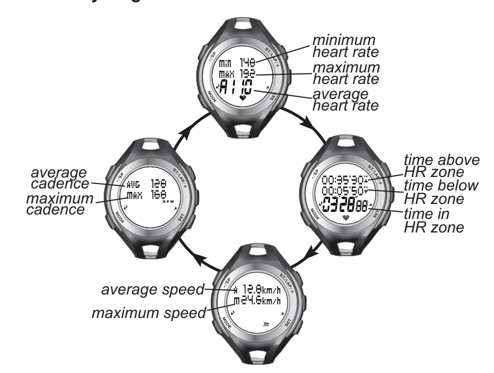
- **For Cardio**



- **For Running**



- **For Cycling**



DELETE MEMORIES

You cannot select memory to delete, but have to delete all memories.

1. Press **MODE** repeatedly to select ⊘MEM.
2. To find out the remaining memory time (HH:MM), press **ST / LAP / +** repeatedly to the screen below:



3. To delete memories, press **ST / LAP / +** repeatedly to the screen below:



4. Press **SET**. The following message will be displayed:



5. Press **ST / LAP / +** to select "YES" or "NO", and press **SET** to confirm.

- If "YES" is selected, the following message will be displayed:



Your watch now has free memories to record your exercise data.

- If "NO" is selected, your watch will return to the previous display without clearing memories.

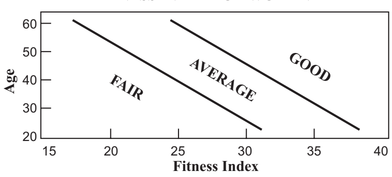
KNOWING YOUR FITNESS INDEX

Your watch will generate a fitness index based on your aerobic exercise (by running 1 mile or 1.60 km).

IMPORTANT Ensure your watch is already paired with heart rate chest belt before doing the fitness test.

1. Press **MODE** to select EXE.
2. Press **ST/LAP/+** repeatedly to select **"FITNESS TEST"**.
3. Press **SET**. The watch will conduct a device search first, as indicated by flashing ♥ and SPEED. Wait until SPEED stops flashing. The watch will also prompt you to run 1 mile.
4. Press **SET** to start running. Ensure to complete running 1 mile for accurate fitness measurement. While running, the watch will display the exercise time, distance and heart rate.
5. After completing the run, your watch will automatically calculate and show your fitness index. The higher the index, the fitter you are. The diagrams below provide a general guide as to what your fitness index means.





OTHER OPERATION AND SETTING

ACTIVATE BACKLIGHT

Press / to turn backlight On for 5 seconds.

NOTE The backlight function will not operate if " " or " " is displayed.

LOCK / UNLOCK KEYPAD

Press and hold 💡 / 🔒 for 2 seconds to lock or unlock keypad. 🔒 indicates keypad is locked.

SET ALARM ON / OFF

1. In Time Mode, press **SET**.
2. Press **ST/LAP/+** to turn alarm On or Off. 🔔 indicates the alarm is turned On.
3. Press **MODE** or **SET** to exit.

SILENCE ALARM

- Press any button to stop the alarm and it will activate again 24 hours later.

OR

- Set the alarm to Off.

SET BEEP TONE ON / OFF

In Time Mode, press **ST/LAP/+**. 🔇 indicates the beep tone is turned Off.

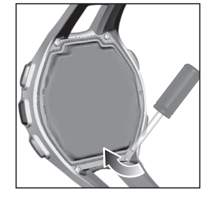
REPLACE BATTERY

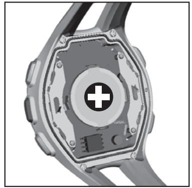
If the battery power of your watch or chest belt is low, the watch will display:

watch low battery **chestbelt low battery**



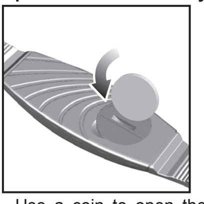
To replace watch battery:

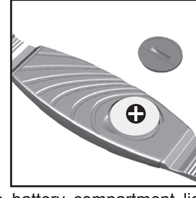




1. Use a small screwdriver to open the battery compartment lid.
2. Remove the old battery and insert a new CR2032, 3V lithium battery.
3. Secure the lid by screwing it back into place.

To replace chest belt battery:

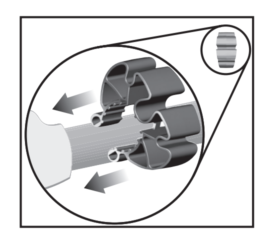




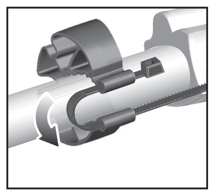
1. Use a coin to open the battery compartment lid by turning it anticlockwise.
2. Remove the old battery and insert a new CR2032, 3V lithium battery.
3. Secure the lid by turning the coin clockwise.

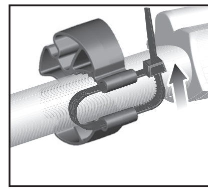
INSTALL BIKE MOUNT

1. Clasp the bike mount onto a bike or exercise machine.

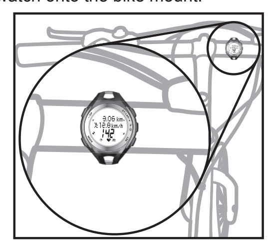


2. Insert the nylon cord to secure the bike mount according to the diagrams below.





3. Fix the watch onto the bike mount.



USEFUL REFERENCE

TARGET ZONE

To help achieve maximum health benefits from your workout programme, it is important to know your:

- Maximum Heart Rate (MHR)
- Upper heart rate limit
- Lower heart rate limit

MHR is expressed in beats per minute. You can get your MHR from an MHR test, or you can estimate it by using the following formula:

220 - age = MHR

The watch is pre-programmed with 5 target zone options, each with its lower and upper heart rate limit, as listed in the table below.

	Lower Limit	Upper Limit
Zone 1	50% x MHR	60% x MHR
Zone 2	60% x MHR	70% x MHR
Zone 3	70% x MHR	80% x MHR
Zone 4	80% x MHR	90% x MHR
Zone 5	90% x MHR	100% x MHR

The most popular zone range is from 50% to 80% of your Maximum Heart Rate. This is where you achieve cardiovascular benefits, burn fat and become fitter.

50% - 60%	Moderate Activity
60% - 70%	Weight Management
70% - 80%	Aerobic Zone
80% - 90%	Anaerobic Threshold Zone
90% - 100%	Red Line Zone (maximum capacity)

There are three categories of training as described in the table below.

TRAINING CATEGORY	MHR%	DESCRIPTION
Health Maintenance	65-78%	This is the lowest training intensity level. It is good for beginners and those who want to strengthen their cardiovascular systems.
Aerobic Exercise	65-85%	Increases strength and endurance. It works within the body's oxygen intake capability, burns more calories and can be maintained for a long period of time.
Anaerobic Exercise	78-90%	Generates speed and power. It works at or above the body's oxygen intake capability, builds muscle and cannot be maintained for a long period of time.

The upper and lower heart rate limits are calculated by multiplying your MHR by the percentages of the selected training category.

For example:

A 40-year-old training for basic health maintenance:

- His upper heart rate limit [220 - 40(age)] x 78%
- His lower heart rate limit [220 - 40(age)] x 65%

IMPORTANT Always warm up before exercise and select the training category that best suits your physique. Exercise regularly, 20 to 30 minutes per session, three to four times a week for a healthier cardiovascular system.

WARNING Determining your individual training category is a critical step in the process towards an efficient and safe training programme. Please consult your doctor or health professional to help you determine exercise frequency and duration appropriate for your age, condition and specific goals.

BIKE WHEEL SIZE

Match the ETRTO or wheel size diameter printed on the wheel with the wheel size setting at the right hand column of the table below. Input the relevant wheel size setting number after bike pod is paired.

ETRTO	Wheel size diameter (inches)	Wheel size setting (mm)
25-559	26 x 1.0	1884
23-571	650 x 23C	1909
35-559	26 x 1.50	1947
37-622	700 x 35C	1958
47-559	26 x 1.95	2022
20-622	700 x 20C	2051
52-559	26 x 2.0	2054
23-622	700 x 23C	2070
25-622	700 x 25C	2080
28-622	700 x 28	2101
32-622	700 x 32C	2126
42-622	700 x 40C	2189
47-622	700 x 47C	2220

NOTE Wheel sizes on this table are for reference only as wheel size depends on the wheel type and air pressure.

SYNCHRONISING WATCH WITH PC APPLICATION

First ensure hub is plugged into the PC.

On the watch

1. Press **MODE** repeatedly to select PC.
2. The screen 

will be displayed. Press **SET** to start synchronising.
3. If synchronisation is successful, the screen will display 

. If synchronisation fails, the screen will display 

. Press **ST/LAP/+** then **SET** to try again or press **MODE** to exit.

NOTE The SE836 2.4GHz is a sensitive device, as such, the link between the SE836 watch and PC may be affected by strong electromagnetic interference, such as electrostatic discharge. Should this occur, press **MODE** repeatedly to select [PC icon] then press **SET** when "**LINK?**" appears on the screen to start synchronising.

WATER RESISTANCE

Item	Water resistance
SE836 watch	50 metres (164 feet) This means you can use the watch for swimming or other water sport activities (such as surfing) but it must not be used for snorkeling and deep water diving. **NOTE** • Ensure the buttons and battery compartment are secured and intact before exposing the watch to excessive water. • Avoid pressing the buttons while in the water or during heavy rainstorms, as this may cause water to enter the watch, leading to malfunction.
SZ909 chest belt	10 metres (32.8 feet). Not recommended to use for swimming.
AD182 hub	No

NOTE Even if both the SE836 watch and the SZ909 chest belt are water-resistant, as radio signals do not carry in water, signal transmission between the watch and chest belt will still be impossible in water.

SPECIFICATIONS

CLOCK	
Time format	12/24 hour format with hour / minute / second
Date format	DD / MM or MM / DD
Year range	2009 - 2058
Alarm	Alarm with daily, weekday or weekend settings
TRAINING	
Exercise time range	00:00:00 to 99:59:59
Rest time range	00:00:00 to 99:59:59
Warm up time range	00:00:00 to 00:15:00
Recovery timer range	0 or 5 minutes
Target heart rate zone	Zone 1 to 5
Lower heart rate limit range	30 to 220 bpm
Upper heart rate limit range	80 to 240 bpm
Distance measurement range	0 to 60.99 unit (unit is km or mile)
Step measurement range	0 to 999999
Maximum lap count	99
Cadence measurement range	1 to 1999 rpm

Number of interval training	2 to 5
Calorie range	0 to 9999 kcal
Fat burn percentage range	0 to 100%
Fitness Index range	1 to 99
POWER	
Watch	1 x CR2032 3V lithium battery
SZ909 chest belt	1 x CR2032 3V lithium battery
OPERATING ENVIRONMENT	
Operating temperature	**For watch** 0°C to 40°C (32°F to 104°F) **For SZ909 chest belt** 5°C to 40°C (41°F to 104°F)
Storage temperature	**For watch and SZ909 chest belt** -20°C to 60°C (-4°F to 140°F)

PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Use lukewarm water and mild soap to clean the watch thoroughly after each training session. Never use the product in hot water or store it when wet.
- Damage to the product may occur if the keys are pressed underwater.
- Hot steam may cause damage to the product. Do not wear it in steaming shower, spa or hot tub.
- The product should be rinsed thoroughly with fresh water after being in contact with salt water.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not bend or stretch the transmitter part of the chest belt.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your watch serviced by an approved service center annually.

- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.
- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

NOTE The technical specifications for this product and the contents of the user manual are subject to change without notice.

NOTE Features and accessories will not be available in all countries. For more information, please contact your local retailer.

ABOUT OREGON SCIENTIFIC

Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products.

If you're in the US and would like to contact our Customer Care department directly, please visit:
https://us.oregonscientific.com/service/support.asp

For international inquiries, please visit:
http://us.oregonscientific.com/about/international.asp



FCC STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

WARNING Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

- Consult the dealer or an experienced radio / TV technician for help.

DECLARATION OF CONFORMITY

The following information is not to be used as contact for support or sales. Please visit our website at www.oregonscientific.com for all enquiries.

We

Name: Oregon Scientific, Inc.

Address: 19861 SW 95th Ave.,Tualatin, Oregon 97062 USA

Telephone No.: 1-800-853-8883

declare that the product

Product No.: SE836

Product Name: Heart Rate Monitor with Speed and Distance plus PC Connection

Manufacturer: IDT Technology Limited

Address: Block C, 9/F, Kaiser Estate, Phase 1,41 Man Yue St., Hung Hom, Kowloon, Hong Kong

is in conformity with Part 15 of the FCC Rules. Operation is subject to the following two conditions: 1) This device may not cause harmful interference. 2) This device must accept any interference received, including interference that may cause undesired operation.

心跳監控器附速度和距離計
外加電腦連線
型號： SE836

用戶手冊

目錄

簡介

感謝閣下選購 Oregon Scientific™ 心跳監控器附速度和距離計外加電腦連線(SE836)。手錶除了是先進的心跳監控器，更可與電腦相容，讓用戶儲存運動數據，供分析和健康管理之用。手錶同時提供其他功能，例如：速度和距離測量、運動時間計附圈數和運動檔案等，讓用戶發揮運動的最佳效能。

本手錶使用2.4GHz-ANT運動系統，促進與其他裝置更可靠的傳輸連線，例如：胸腔皮帶、足掛式運動記錄器或腳踏車運動記錄器。

重要事項 本手錶僅供達成運動之目的，並未企圖取代任何醫療裝置。

專利公告：本產品受美國專利編號：7,237,446(歐洲專利申請中)保護。

套件商品

本套件應內含下列商品：

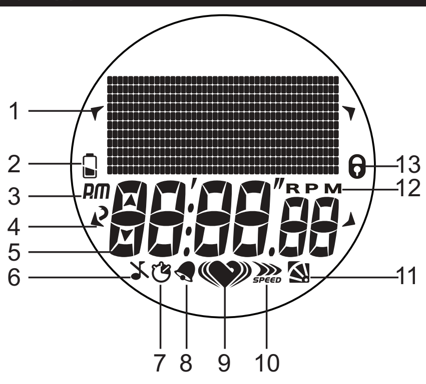
- 1 x SE836手錶
- 1 x SZ909胸腔皮帶
- 1 x AD182集線器(須另行配備)
- 1 x腳踏車固定器(附兩條尼龍繩)
- 2 x CR2032 3V鋰電池(已安裝在手錶和胸腔皮帶中)

控制按鈕



1. **-/停止**：切換選項、減少數值、暫停運動/停止運動
2. **模式**：切換模式、回上頁
3. **設定**：確認設定、在時間模式中設定鬧鐘開啟/關閉
4. 背光燈 / 鎖定 ：啟動背光燈、鎖定/解除按鍵鎖的鎖定
5. **開始/圈數/+**：切換選項、增加數值、在時間模式中靜音/停止靜音

顯示畫面



1. : 指示計按鍵
2. 或 :說明電池電量低或未裝電池
3. AM / PM: 12 小時時鐘
4. : 按住**模式**，直接前往時間模式
5. : 說明上/下或上限/下限
6. : 說明已關閉「嗶」聲
7. : 說明已啟動運動時間計
8. : 說明已開啟鬧鐘
9. : 說明已收到心跳訊號或已配對心跳胸腔皮帶
10. SPEED : 說明已收到速度或距離訊號或已配對足掛式運動記錄器
11. : 說明已收到腳踏車訊號或動作移動或已配對腳踏車運動記錄器
12. RPM :每分鐘解析度(動作移動單位)
13. : 說明已鎖定按鍵

啟動手錶(首次使用)

從包裝中取出手錶後，按住**模式**啟動手錶，直到出現顯示畫面為止。手錶將自動提示閣下設定用戶資料。

設定手錶

重要事項

- 為確保正確計算運動各項數據，強烈建議閣下運動前設定手錶和用戶資料。
- 每次更換電池或重設後，請記得設定用戶資料。

註 若手錶在設定時間置30秒，將自動離開設定。

設定用戶資料

首次使用手錶時，將顯示下列畫面，提示閣下設定用戶資料。

直接跳至第四步。

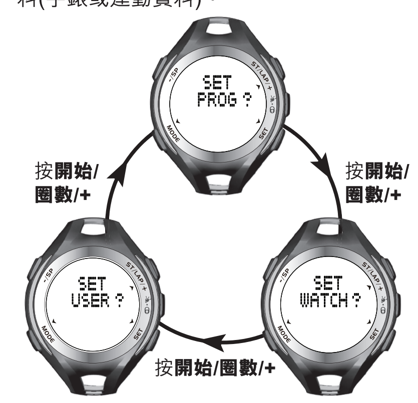


正常的設定程序：

1. 重複按**模式**，以選擇 SET。
2. 重複按**開始/圈數/+**，進入「**設定用戶**」。
3. 按**設定**，進入用戶資料設定選項。
4. 按**開始/圈數/+**，選擇選項，然後按**設定**以確認。
5. 繼續按下列順序設定閣下的用戶資料：按下列按鈕，設定出生年份、出生月份、出生日、體重單位、體重數值：
   - **開始/圈數/+** ，增加數值或選擇選項
   - **-/停止**以減少數值
   - **設定**以確認已選選項
6. 設定個人的用戶資料後，將顯示下方畫面。



7. 閣下可重複按**開始/圈數/+**，繼續設定其他資料(手錶或運動資料)。



重要事項 若其他人使用手錶，請重設用戶資料。

設定手錶資料

1. 重複按**模式**，以選擇 SET。
2. 重複按**開始/圈數/+**，選擇「**設定手錶**」。
3. 按**設定**，進入手錶資料設定選項。
4. 按**開始/圈數/+**或**-/停止**，選擇需要設定的選項：設定鬧鐘、設定時間、設定日期、設定單位、設定警示*、設定檢視**。
5. 按**設定**，按下列按鈕開始設定所選的選項：
   - **開始/圈數/+** ，增加數值或選擇選項
   - **-/停止**以減少數值
   - **設定**以確認已選選項

* 運動時，當心跳未處於目標區域，手錶將傳送視覺和及聲音警示。閣下可在「**設定警示**」選項中選擇開啟/關閉聲音警示。欲知心跳區域的進一步詳情，請參閱本手冊的「**目標區域**」段落。

** 運動時，手錶會切換顯示閣下的運動資訊。閣下可在「**設定檢視**」選項中選擇開啟/關閉切換顯示。

設定運動資料

重要事項 若其他人使用手錶，請重設運動資料。

閣下可選擇在手錶中設定預設運動資料。

在手錶內設定運動資料

閣下可在手錶內設定三種預設運動資料(心血管、跑步、腳踏車)。

1. 重複按**模式**，以選擇 SET。
2. 在「**設定程式**」中，按**設定**以進入運動選項。
3. 按**開始/圈數/+**或**-/停止** ，選擇需要設定的運動：設定心肺、設定跑步、設定腳踏車。
4. 按**設定**以確認選擇，然後按下列按鈕，繼續設定所選運動的資料*：
   - **開始/圈數/+** ，增加數值或選擇選項
   - **-/停止**以減少數值
   - **設定**以確認已選選項

* 設定順序如下：

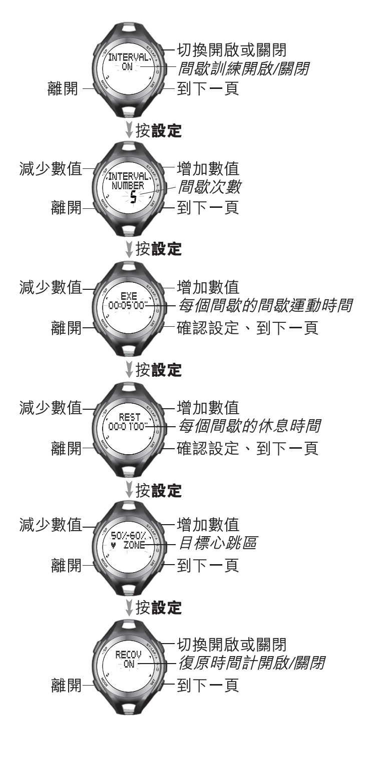
1. 熱身時間



2. 間歇訓練開啟/關閉

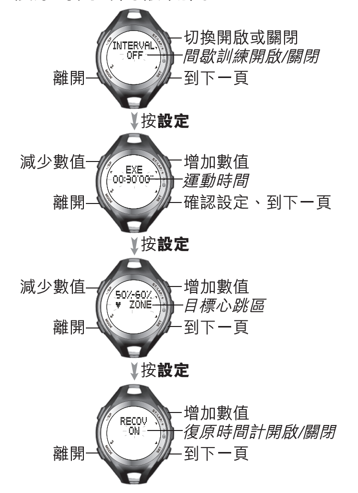
2a 若閣下已設定間歇訓練為開啟，則需要設定：

- ❖ 間歇次數(2至5次)
- ❖ 每個間歇的間歇運動時間
- ❖ 每個間歇的休息時間
- ❖ 目標心跳區域(1至5)[欲知詳情，請參考本手冊的「**目標區域**」段落]
- ❖ 復原時間計開啟/關閉



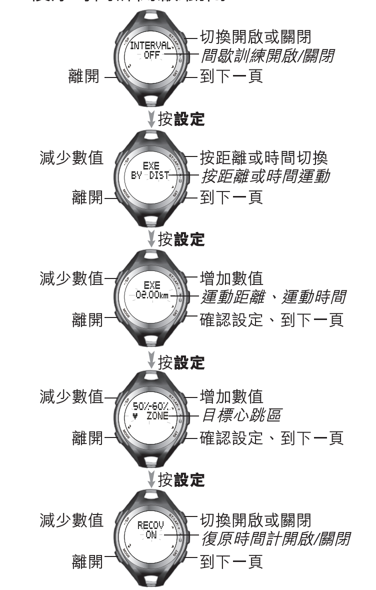
2b 若閣下已設定間歇訓練為<u>關閉</u>，則需要設定(<u>僅心肺</u>設定)：

❖ 運動時間
❖ 目標心跳區域(1至5)[欲知詳情，請參考本手冊的「**目標區域**」段落]
❖ 復原時間計開啟/關閉



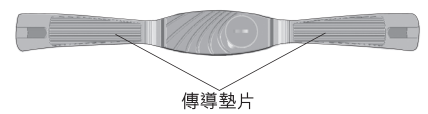
2c 若閣下已設定間歇訓練為關閉，則需要設定(<u>僅跑步和腳踏車設</u>定)：

❖ 按距離或時間運動
❖ 運動距離或運動時間
❖ 目標心跳區域(1至5)[欲知詳情，請參考本手冊的「**目標區域**」段落]
❖ 復原時間計開啟/關閉

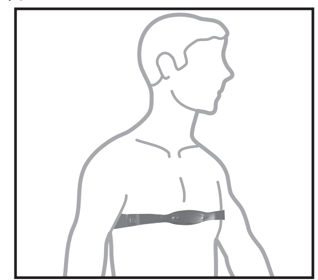


配戴胸腔皮帶

1. 將胸腔皮帶下方的傳導墊片以數滴水沾濕，或使用傳導凝膠確保穩定的接觸。



2. 將胸腔皮帶圍著閣下的胸腔。為取得準確的心跳訊號，調整帶子，確保它能固定在閣下的胸肌下方。



秘訣

- 胸腔皮帶放置的位置影響其效能。將它沿著帶子移動，確保它是位於閣下的心臟上方。
- 避免放置在胸毛濃密之處。
- 在乾燥寒冷的天氣中，皮帶可能需要數分鐘才能穩定運作。這是正常現象，只需運動數分鐘即能改善。
- 為維護胸腔皮帶的最佳效能，請按下列指示小心保養皮帶：
  - 不得用濕毛巾或其他潮濕物件包覆胸腔皮帶。
  - 不得將胸腔皮帶儲存於熱(約50°C)和潮濕(約90%)的環境中。
  - 不得將胸腔皮帶放置於水龍頭的流水下，或以流水清洗，而是用濕布清潔皮帶。
  - 不得將皮帶的傳導橡膠面朝下放在金屬桌面或表面上。
  - 使用皮帶後請立即妥善將之拭乾。

配對裝置

重要事項 SZ909胸腔皮帶可配對心跳和足掛式運動記錄器功能。手錶也可和其他胸腔皮帶和裝置配對，例如：使用ANT運動系統的足掛式運動記錄器或腳踏車運動記錄器。相比之下，其他胸腔皮帶只可配對心跳功能。

1. 重複按**模式**，以選擇MDEV。手錶將顯示已配對的裝置數量和裝置名稱(若有)。若沒有配對任何裝置，手錶將顯示「**配對0個裝置**」。
2. 按**設定**進入「**配對裝置**」。按**設定**開始配對。

註 配對時，確定已遠離其他裝置，並將需要配對的裝置放在手錶附近。

與SZ909胸腔皮帶配對
(或其他ANT系統胸腔皮帶)

閣下可利用兩種方法配對手錶和胸腔皮帶。

- 第一種方法是把胸腔皮帶戴在胸前，等待手錶顯示畫面，



(僅適用於SZ909)

- 另外一種方法如下：
  i. 手提胸腔皮帶，大拇指碰觸通常是放在胸前的傳導墊片。
  ii. 大拇指前後摩擦傳導墊片數次，直到手錶如上述顯示畫面。

註 只有SZ909胸腔皮帶可配對HR皮帶和足掛式運動記錄器。若閣下與其他ANT系統胸腔皮帶配對，則只會找到HR皮帶。

註 若為SZ909胸腔皮帶，找到HR皮帶和足掛式運動記錄器的訊號後，配對才算成功。

與ANT系統足掛式運動記錄器/
腳踏車運動記錄器配對

閣下可另行購買足掛式運動記錄器或腳踏車運動記錄器，與手錶配對，但必須確定裝置是使用ANT系統。欲知配對資訊，請參考不同裝置的用戶指南。

- 與足掛式運動記錄器成功配對後，手錶將顯示



- 與腳踏車運動記錄器成功配對後，手錶將顯示



註 若配對訊號微弱且不穩定：

- 縮短裝置和手錶之間的距離。
- 重新調整裝置的位置。
- 檢查電池，並於必要時更換。

註 若手錶已與SZ909胸腔皮帶配對，但閣下希望手錶和另外一條胸腔皮帶配對，在此情況下，閣下必須先刪除和SZ909胸腔皮帶的配對，然後才能和另外一條胸腔皮帶配對。此原則同時適用於腳踏車運動記錄器和足掛式運動記錄器。

輸入輪胎尺寸(供腳踏車運動記錄器使用)

與腳踏車運動記錄器配對， 將不會顯示 「**輪胎尺寸**」。欲知輪胎尺寸的詳情，請參考本手冊的「**輪胎尺寸**」段落。

若閣下的手錶已和腳踏車運動記錄器配對，手錶將要求閣下輸入輪胎尺寸的數值。

1. 重複按**模式**，以選擇 MDEV。
2. 按**設定**。
3. 重複按**開始/圈數/+**，選擇「**輪胎尺寸**」。
4. 按**設定**。
5. 輸入輪胎尺寸時，按**開始/圈數/+**，增加數值，或**-/停止SP**，減少數值。
6. 按**設定**以確認。

移除配對裝置

手錶若未與任何裝置配對，就不會顯示「**裝置移除**」。

1. 重複按**模式**，以選擇 MDEV。
2. 按**設定**。
3. 重複按**開始/圈數/+**，選擇「**裝置移除**」。
4. 按**設定**。
5. 按**開始/圈數/+** ，選擇要移除的裝置。
6. 按**設定**以確認選擇。

調校配對裝置

重要事項 為確保能正確測量運動數據，請先調校手錶和已配對的裝置。

手錶若未與任何裝置配對，就不會顯示「**調校裝置**」。

閣下可用跑步或走路的方法調校裝置。閣下也可輸入個人的跑步或走路參數，也就是利用跑步或走路步調成功調校訊號後的個人調校ID。

欲配對後立即調校裝置，請直接進行第4步。否則請從第一步開始操作。

利用跑步或步行調校

1. 重複按**模式**，以選擇 MDEV。
2. 按**設定**。
3. 重複按**開始/圈數/+**，選擇「**調校裝置**」。



4. 按**設定**。
5. 按**開始/圈數/+**，選擇「**利用跑步調校**」「**利用步行調校**」。閣下應同時利用跑步和步行逐一調校。





6. 按**設定**以確認選擇。
7. 按**開始/圈數/ +**或**-/停止**設定距離。

   按**設定**以確認。利用跑步和走路調校時請都使用相同的距離。



8. 手錶將先搜尋裝置，並以閃燈 SPEED 來表示。等待閃燈 SPEED 停止。
9. 顯示下方畫面時，按**設定**開始調校。



或


註 請確定：

- 閣下在標準的跑道上步行和跑步(最好是田徑場)
- 維持連續且一般的步行和跑步速度
- 無論是步行和跑步，都必須完成設定的距離

10. 調校時，手錶將閃爍顯示「CAL」，如下圖所示。這表示正在進行調校。除非已跑完/走完設定的距離，請勿按**設定**。



11. 跑完/走完設定的距離後，按**設定**停止調校。

✵ 若調校成功，手錶將顯示



註 跑步參數和步行參數是輸入參數時應輸入的數值。

✵ 若調校失敗，手錶將顯示



欲重新調校，按**設定**並重複進行第8至11步。確定手錶和胸腔皮帶都已安裝電池，且閣下配戴的胸腔皮帶已與手錶配對(在裝置模式下檢查裝置ID)，且已妥善放置在胸前。否則按**模式**離開。

輸入參數

閣下只能在利用跑步或步行成功調校手錶後，才能知道自己的參數，因為參數的數值，相當於利用跑步或步行成功調校手錶後所顯示的數值。輸入參數後，閣下還有時間利用跑步或步行調校手錶。

1. 重複按**模式**，以選擇 MDEV。
2. 按**設定**。
3. 重複按**開始/圈數/+**，選擇「**調校裝置**」。
4. 按**設定**。
5. 重複按**開始/圈數/+**，選擇「**輸入參數**」。
6. 按**設定**以確認選擇。
7. 輸入步行參數時，按**開始/圈數/+**，增加數值，或**-/停止SP**，減少數值。參數的數值，相當於利用步行成功調校手錶後所顯示的數值。
8. 按**設定**以確認。
9. 輸入跑步參數時，按**開始/圈數/+**，增加數值，或**-/停止SP，**減少數值。參數的數值，相當於利用跑步成功調校手錶後所顯示的數值。
10. 按**設定**以確認。

進行運動

運動有兩種選項供選擇：自動和程式。

- 自動指的是不使用設定的運動資料進行運動。
- 程式指的是使用設定的運動資料進行運動(參考本手冊的「**設定運動資料**」段落。)

欲進行運動：

1. 按**模式**，選擇 EXE。
   - 不使用設定的運動資料進行運動，選擇



   按**設定**。

   - 使用設定的運動資料進行運動，按**開始/圈數/+**，選擇



   按**設定**，然後按**-/停止**或**開始/圈數/+**，選擇使用的運動資料。按**設定**。

註 可用圈數記憶指的是可供記錄運動數據的圈數記憶體。若畫面顯示為「記憶已滿」，就表示閣下的手錶已沒有任何記憶體可儲存閣下的運動記錄。更多詳情請參閱「運動可用記憶體」。

2. 按**設定**以確認選擇。
3. 等待手錶先搜尋裝置，然後再按**設定**開始運動。更多詳情請參閱「**運動前的裝置搜尋**」。
4. 運動時，閣下可重複按**設定**，檢視運動數據，或讓手錶自動切換顯示相關資料。更多詳情請參閱「**運動時自動切換資料檢視**」。欲知畫面將顯示哪些運動數據，請參閱「**運動時檢視運動數據**」，了解更多詳情。
5. 運動時若需要休息，按**-/停止**。恢復運動時按**開始/圈數/+**。更多詳情請參閱「**暫停和恢復運動**」。
6. 做完運動後可儲存運動數據。更多詳情請參閱「**儲存運動數據**」。

註 運動時若手錶記憶體已滿，閣下將聽到一聲「嗶」聲，且手錶同時顯示下列訊息：



閣下可選擇繼續運動，因為運動計時器仍在計時，但卻不會記錄閣下的運動數據。閣下也可停止運動並按**模式**，離開上述畫面。

運動可用記憶體

在運動模式下，當畫面顯示記憶已滿時，手錶就不會記錄閣下的運動數據。畫面將顯示下列訊息：



1. 欲清除記憶按**設定**，或按**模式**，離開且不清除記憶體。畫面將顯示下列訊息：



2. 按**開始/圈數/+**，選擇「是」或「否」，然後按**設定**以確認。
   - 若選擇「是」，畫面將顯示下列訊息：



閣下的手錶現在有可用記憶，以記錄閣下的運動數據。

   - 若選擇「否」，手錶將返回上一個畫面，不清除記憶體。

註 欲在運動前知道手錶是否有足夠的記憶時間，到**記憶**模式 MEM。更多詳情請參閱「**刪除記憶**」。

運動前的裝置搜尋

開始運動前，先花數秒時間讓手錶搜尋裝置。此舉確保閣下能在運動時接收完整的數據(例如運動圈數、卡路里、心跳、距離、步伐、速度和動作移動)。但若閣下不搜尋裝置即開始運動，手錶就只能接收心跳讀數。

若手錶顯示下列畫面，則將閃爍顯示裝置圖標(♥、SPEED 或)，且無心跳數值。等待 SPEED 或 停止閃爍，且畫面顯示心跳數值。接著就能按**設定**開始運動。



運動時自動切換資料檢視

若閣下在運動時希望手錶能自動切換顯示運動數據，到設定模式進行設定。

1. 重複按**模式**，以選擇 SET。
2. 重複按**開始/圈數/+** ，選擇「**設定手錶**」。
3. 按**設定**。
4. 重複按**開始/圈數/+**或**-/停止**，選擇「**設定檢視**」。
5. 按**設定**。
6. 按**開始/圈數/+** ，選擇「**切換開啟**」。
7. 按**設定**以確認選擇。

註 若未設定上述設定，閣下仍可在運動時重複按**設定**，檢視閣下的運動數據。

暫停和恢復運動

運動時若需要休息，按**-/停止**。



長時間暫停後，手錶將不再與裝置連線。因此，恢復運動時請按**設定**，讓手錶先花數秒時間搜尋裝置。手錶將閃爍顯示裝置圖標(♥、SPEED 或)，且無心跳數值。等待 SPEED 或 停止閃爍，且畫面顯示心跳數值。接著就可按**開始/圈數/+**，恢復運動。

暫停運動時，欲不再運動：

按**模式**。手錶將自動儲存閣下的運動數據。

註

- 萬一暫停超過休息時間(5分鐘)，手錶將自動儲存閣下的運動記錄，並返回時間模式。
- 暫停後欲不再運動且不儲存閣下的運動數據，按住**-/停止**。

儲存運動資料

按**-/停止**，讓手錶不再計時。

接著按**模式**以退出運動。手錶將自動儲存閣下的運動數據。

註 欲不再運動且不儲存運動數據，按住**-/停止**。

超出心跳限制

運動時若心跳超出上或下限，手錶將發出「嗶」聲並在畫面顯示



註 本功能僅適用於已輸入運動資料後的運動階段。若於自動次模式下運動，則不提供此功能。

運動時檢視運動數據

運動時，閣下手錶自動切換顯示，和手動按**設定**，切換不同畫面，以便檢視閣下的運動數據。

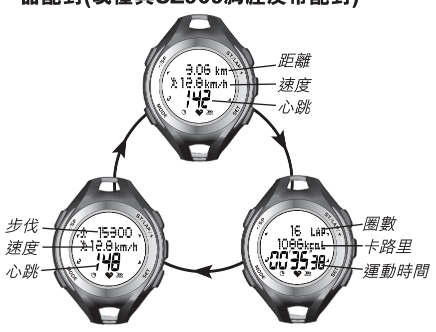
自動運動的運動數據

下圖説明與不同裝置配對後，手錶將於閣下運動時所顯示的運動數據

- **與心跳胸腔皮帶配對時(SZ909胸腔皮帶除外)**



- **當與HR（心跳）胸腔皮帶 + 足掛式運動記錄器配對(或僅與SZ909胸腔皮帶配對)**



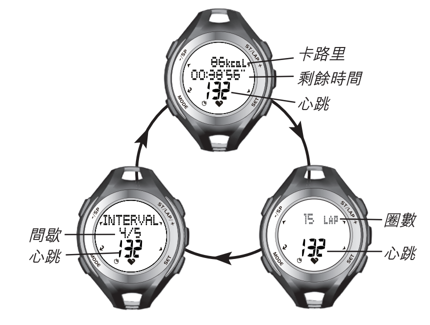
- **當與腳踏車運動記錄器配對**



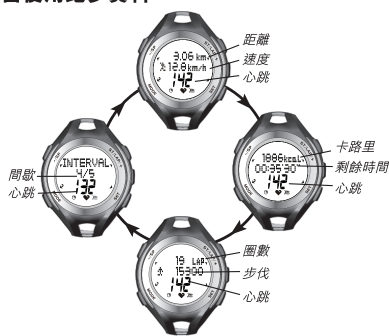
內建程式運動的運動數據

下圖說明使用不同運動資料時，手錶將於閣下運動時所顯示的運動數據

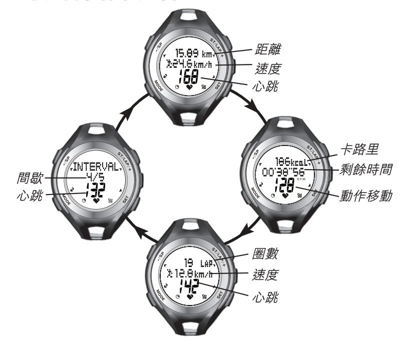
- **當使用心肺資料**



- **當使用跑步資料**



- **當使用腳踏車資料**



檢視運動記錄

註 若未儲存任何運動記錄，畫面將不會顯示記憶模式。

欲檢視運動記錄：

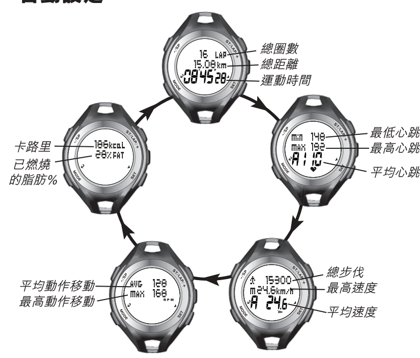
1. 重複按**模式**，以選擇 MEM。手錶將顯示運動記錄數量。
2. 按**設定**。
3. 按下列按鈕，檢視閣下的運動記錄：
   - **開始/圈數/ +**以選擇選項
   - **-/停止**以選擇選項
   - **設定**以進入摘要記錄頁或圈數記錄頁，以檢視記錄詳情
   - **模式**以返回前一頁

每筆運動記錄可內含摘要記錄頁或摘要記錄頁外加圈數記錄頁。

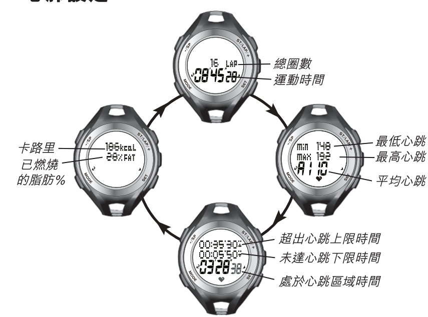
在摘要記錄頁檢視運動記錄

下圖說明不同的運動資料將顯示哪些運動記錄詳情。按**設定**切換畫面。

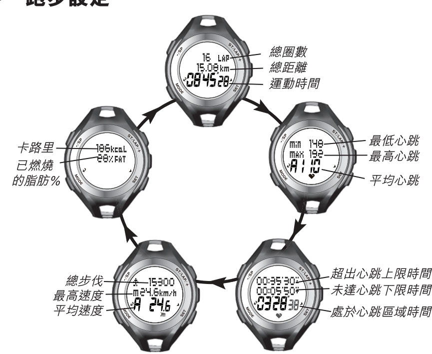
- **自動設定**



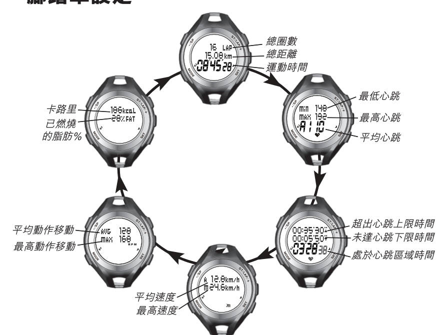
- **心肺設定**



- **跑步設定**



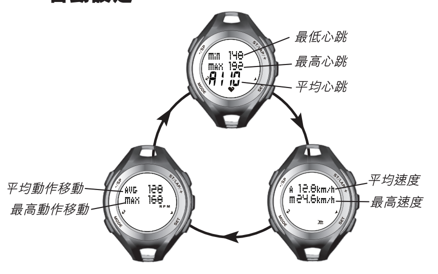
- **腳踏車設定**



在圈數記錄頁檢視運動記錄

下圖說明不同的運動資料將顯示哪些運動記錄詳情。按**設定**切換畫面。

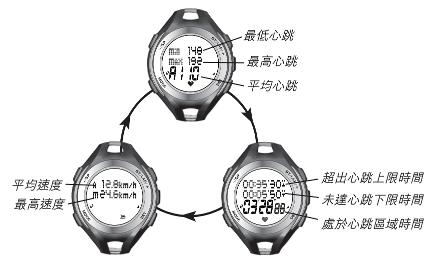
- **自動設定**



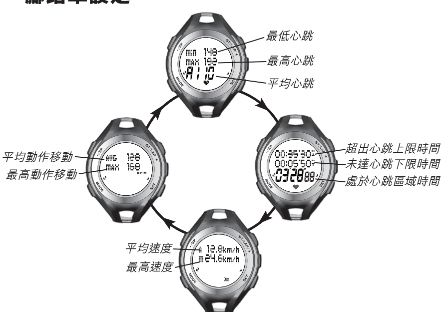
- **心肺設定**



- **跑步設定**



- **腳踏車設定**



刪除記憶

閣下無法選擇要刪除的記憶，而是必須刪除所有記憶。

1. 重複按**模式**，以選擇 ØMEM。
2. 欲知剩餘的記憶時間(小時：分鐘)，重複按**開始/圈數/+**，檢視下列畫面：



3. 欲刪除記憶，重複按**開始/圈數/+**，檢視下列畫面：



4. 按**設定**。畫面將顯示下列訊息：



5. 按**開始/圈數/+**，選擇「是」或「否」，然後按**設定**以確認。
   - 若選擇「是」，畫面將顯示下列訊息：



閣下的手錶現在有可用記憶，以記錄閣下的運動數據。

   - 若選擇「否」，手錶將返回上一個畫面，不清除記憶體。

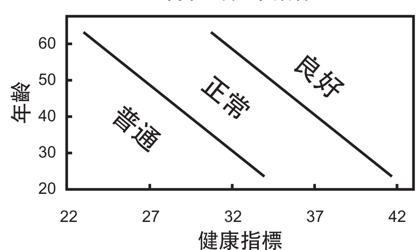
了解閣下的健康指標

手錶能根據閣下的有氧健康情況而建立健康指標(透過跑步1英里或1.6公里)。

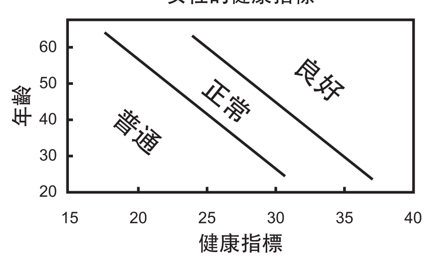
重要事項 進行健康測試前，確定手錶已與心臟胸腔皮帶配對。

1. 按**模式**，選擇 EXE。
2. 重複按**開始/圈數/+**，選擇「**健康測試**」。
3. 按**設定**。手錶將先搜尋裝置，並以閃爍的 和 來表示。等待閃爍的 停止。手錶將導引閣下跑步1英里。
4. 按**設定**開始跑步。確定已跑步1英里，以便準確測量健康數據。跑步時，手錶將顯示運動時間、距離和心跳。
5. 跑完後，手錶將自動計算和顯示閣下的健康指標。指標越高，閣下就越健康。下圖說明健康指標的一般意義。

男性的健康指標



女性的健康指標



其他操作和設定

啟動背光燈

按 / ，啟動背光燈 5 秒鐘。

註 若畫面顯示 或 ，則無法運作背光燈。

鎖定/解除鎖定按鍵鎖

按住 / 兩秒，以鎖定或解除鎖定按鍵鎖。 說明已鎖定按鍵。

設定鬧鐘開啟/關閉

1. 在時間模式中，按**設定**。

2. 按**開始/圈數/+** 開啟或關閉鬧鐘。 說明已開啟鬧鐘。
3. 按**模式**或**設定**以離開。

關閉鬧鐘聲音

- 按任意鍵停止鬧鐘聲音，鬧鐘將於24小時後再啟動。

或

- 將鬧鐘設定為關閉。

設定「嗶」聲開啟/關閉

在時間模式中，按**開始/圈數/ +**。 說明「嗶」聲已關閉。

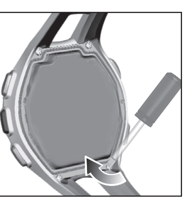
更換電池

當手錶或胸腔皮帶的電池電量低時，手錶將顯示：

手錶電量低 **胸腔皮帶電量低**



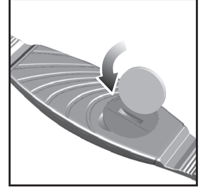
欲更換手錶電池：

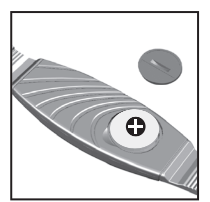




1. 使用小型螺絲起子移除電池格蓋子。
2. 移除舊電池，並安裝一枚全新的CR2032、3V鋰電池。
3. 蓋上電池蓋，將螺絲拴回原來的位置。

欲更換胸腔皮帶的電池：



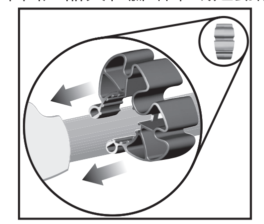


1. 以逆時鐘方式扭轉一枚硬幣，打開電池格的蓋子。
2. 移除舊電池，並安裝一枚全新的CR2032、3V鋰電池。

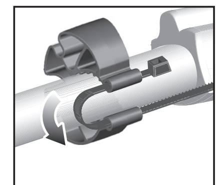
3. 以順時鐘方式扭轉硬幣，裝回蓋子。

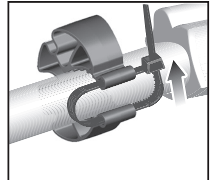
安裝腳踏車固定器

1. 將腳踏車固定器夾在腳踏車或運動設備上。

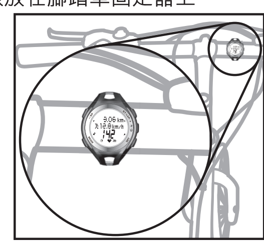


2. 按下列圖示，裝上尼龍繩，妥善安裝將腳踏車固定器。





3. 將手錶放在腳踏車固定器上。



有用參考資料

目標區域

為幫助閣下從運動計劃中獲取最佳的健康效益，了解自己下列各項指標極為重要：

- 最高心跳 (MHR)
- 心跳上限
- 心跳下限

MHR　是以每分鐘心跳次數來表示。閣下可進行 MHR 測試，取得 MHR，或可利用下列公式預估數值：

220 - 年齡 = MHR

手錶已預設5個目標區域選項，每個區域都有其心跳下限和上限限制，如下表所示：

	心跳下限	**心跳上限**
第1區	50% x MHR	60% x MHR
第2區	60% x MHR	70% x MHR
第3區	70% x MHR	80% x MHR
第4區	80% x MHR	90% x MHR
第5區	90% x MHR	100% x MHR

最常使用的區域範圍是閣下最高心跳的50%至80%。這是閣下達成心血管效益、燃燒脂肪和讓身材更苗條的情況。

50% - 60%	中度活動
60% - 70%	體重管理
70% - 80%	有氧區域
80% - 90%	厭氧門檻區域
90% - 100%	紅線區域(最高能量)

訓練類別可分為3個，如下表所說明。

訓練類別	**最高心跳 (MHR)%**	**說明**
健康維護	65 - 78%	這是最低訓練強度層級。最適合初級者，以及想要加強心血管系統的人。
有氧運動	65 - 85%	增強肌力和耐力。在身體吸收更多氧氣的同時，燃燒更多卡路里，並可維持一段長時間。
厭氧運動	78 - 90%	建立速度和肌力。增強身體吸收氧氣的能力，或動用此能力以強化肌肉，惟無法維持長時間。

心跳上下限是透過 MHR 乘以選取訓練類別百分比計算而成。

例如：

40歲用戶為維繫基本身體健康而進行體能訓練：

- 他的心跳上限是 [220 - 40(年齡)] x 78%
- 他的心跳下限是 [220 - 40(年齡)] x 65%

重要 運動前必須熱身，並選取最適合閣下體能的訓練類別。為維繫更健康的心血管系統，請固定每週運動3至4次，每次20至30分鐘。

警告 決定個人的訓練類別是建立有效和安全訓練計劃中的關鍵步驟。請諮詢閣下的醫生或健康專家，幫助閣下決定運動頻率和適合閣下年齡、身體狀況和特定目標的適當運動時間長度。

輪胎尺寸

配對輪胎上刻印的ETRTO或輪胎尺寸直徑，以及下表右欄所註明的輪胎尺寸。配對腳踏車運動記錄器後，輸入相關的輪胎尺寸設定。

ETRTO	輪胎直徑(寸)	輪胎尺寸設定 (毫米)
25-559	26 x 1.0	1884
23-571	650 x 23C	1909
35-559	26 x 1.50	1947
37-+33	700 x 35C	1958
57-559	26 x 1.95	2022
20-622	700 x 20C	2051
52-559	26 x 2.0	2054
23-622	700 x 23C	2070
25-622	700 x 25C	2080
28-622	700 x 28	2101
32-622	700 x 32C	2126
42-622	700 x 40C	2189
47-622	700 x 47C	2220

註 本表的輪胎尺寸僅供參考，因輪胎尺寸視輪胎類別和氣壓而有所不同。

利用應用程式軟體同步手錶

請先確保已將集線器插入個人電腦。

在手錶上

1. 重複按**模式**，以選擇 PC。
2. 將顯示  畫面。按**設定**開始同步。

3. 同步作業成功後，畫面將顯示  。

若同步作業失敗，畫面將顯示  。

按**開始/圈數/+**，然後按**設定**，再試一次，或按**模式**退出。

註 SE836 2.4GHz是一敏感裝置，因此SE836手錶和PC的連線有可能會被強電磁所干擾，例如：靜電釋放。若發生此情況，重複按**模式**以選擇 ⇄PC，並在畫面顯示「**連線？**」後按**設定**，進行裝置同步。

防水功能

商品	防水度
SE836 手錶	50公尺 (164尺) 表示閣下游泳或從事其他水上運動(例如衝浪)時刻配戴腕錶，卻不得在水肺潛水和深水潛水時配戴手錶。 **註** • 手錶必需曝露於大量水份前，確保按鈕和電池格都已拴緊和完好無損。 • 避免在水中或暴風雨中按按鈕，此舉可能使手錶進水而導致手錶故障。
SZ909 胸腔皮帶	10公尺 (32.8尺)。不建議在游泳時使用。
AD182 集線器	無

註 即使SE836手錶和SZ909胸腔皮帶都能防水，但閣下若在水中，將無法傳送手錶與胸腔皮帶之間的無線電訊號。

規格

時鐘	
時間格式	12/24小時格式附小時/分鐘/秒鐘
日期格式	日/月或月/日
年份	2009 - 2058
鬧鐘	鬧鐘附每日、平日或週末設定
訓練	
運動時間範圍	00:00:00至99:59:59
休息時間範圍	00:00:00至99:59:59
熱身時間範圍	00:00:00至00:15:00
復原時間計範圍	0或5分鐘
目標心跳區	1至5區
心跳下限範圍	30至220 bpm
心跳上限範圍	80至240 bpm
距離測量範圍	0至60.99單位(單位是kmor mile)
步伐測量範圍	0 至 999999
最高圈數	最高圈數 99

動作移動測量範圍	1至1999 rpm
間歇訓練次數	2 至 5
卡路里範圍	0 至 9999 kcal
脂肪燃燒百分比範圍	0 至 100%
健康指標範圍	1 至 99
電源	
手錶	1 x CR2032 3V 鋰電池
SZ909胸腔皮帶	1 x CR2032 3V 鋰電池
作業環境	
作業溫度	**手錶** 0°C 至 40°C (32°F 至 104°F) **SZ909胸腔皮帶** 5°C 至 40°°C (41°F 至 104°F)
儲存溫度	**手錶和SZ909胸腔皮帶** -20°C 至 60°C (-4°F 至 140°F)

注意事項

為確保閣下能正確而安全使用產品，使用產品前，請閱讀下列警告和整本使用指南。

- 使用柔軟而微濕的抹布。請勿使用磨損或腐蝕性的清潔劑，避免損壞產品。每次訓練之後，用溫水和溫和的肥皂徹底清潔手錶。絕對不可在熱水使用產品或產品仍帶水氣時將之儲存。
- 若在水中按按鍵，則可能損壞產品。
- 熱蒸氣可能會損壞產品。不得在蒸氣浴、水療中心或熱浴內配戴手錶。
- 產品若與鹽水接觸後，應徹底以清水沖洗。
- 請勿對產品猛力施壓、撞擊、或放在溫度或濕度變化大的地方。不得在過長的時期內將產品直接曝露在陽光下。此舉將可能造成產品功能失常。
- 不得彎曲或刮胸腔皮帶的傳輸部位。
- 不要干擾內部零件。此舉將使產品保證期提前結束，並可能損壞產品。主機體內的零件是用戶無法自行維修的。.
- 不得以硬物刮液晶體顯示屏，此舉可能導致顯示屏的損壞。
- 小心處理各類電池。
- 若計劃長期不使用本產品，應取出電池後才妥善存放產品。
- 更換電池時，使用本指南所指定的新電池。

- 本產品是精密儀器。切勿企圖拆解本裝置。若產品需要維修，請致電零售商或我們的客戶服務部。
- 切勿碰觸曝露在外的電子迴路，以免遭致電擊。
- 若裝置長久不使用，請檢查所有主要功能。維持固定的裝置內部測試和清潔。每年一次請授權的服務中心維修閣下的手錶。
- 棄置本產品時，確認已個別將之回收，而並非視之為一般家庭廢棄物。
- 由於印刷的限制，指南中的顯示可能與實際產品不符。
- 未經製造商的許可，不可複製手冊中的任何內容。

註 我們有權更改本產品的技術規格和本使用指南之內容，而無需另行通知。

註 並非所有國家都能提供產品性能和配件。欲知詳情，請聯絡閣下所在地的零售商。

關於OREGON SCIENTIFIC

瀏覽我們的網站(www.oregonscientific.com)，了解更多 Oregon Scientific 的產品詳情。

若閣下住在美國並希望直接聯絡我們的客戶服務部，請瀏覽網站：
https://us.oregonscientific.com/service/support.asp

國際查詢請瀏覽：
http://us.oregonscientific.com/about/international.asp

CE

美國聯邦通訊協會(FCC)宣言

本裝置符合美國聯邦通訊協會規範 (FCC Rules) 第15部份的規定。作業時會發生以下兩種狀況：(1) 本裝置可能不會導致有害人體的干擾，及 (2) 本裝置必定會接受任何可接收的干擾，其中包括可能導致作業失靈的干擾。

警告 未經規範遵循相關負責單位之明確核准而變更或修改裝置，可能導致用戶喪失操作設備之權利。

註 經測試結果發現，按美國聯邦通訊協會規範(FCC Rules)第15部份的規定，本設備符合類別B數碼裝置之限制。此等限制旨在為居住環境提供有害干擾之合理保護。

本設備產生、使用並可放射射頻能量，若未按説明指示安裝和使用，可能導致無線電通訊的有害干擾。惟廠商無法保證干擾不會在特定設施產生。欲確定設備是否已對無線電或電視接收造成有害干擾，閣下可先關閉設備，然後再開啟設備。若確定本設備已造成干擾，鼓勵用戶嘗試利用下列一項或以上的措施進行修正。

- 重新定向或重新安排訊號接收天線的位置。
- 拉遠設備和接收器之間的距離。
- 將設備連接至另外一個插座，其電迴路與接收器的電迴路不同。
- 洽詢經銷商或有經驗的無線電/電視技術人員，要求協助。

聯合性聲明

以下資訊不供產品支援或銷售聯絡之用。所有查詢請致電我們的客戶服務部(電話列示於我們的網站：www.oregonscientific.com，或本產品的保證卡上)。

我們(製造商)

名稱： Oregon Scientific, Inc.
地址： 19861 SW 95th Ave.,Tualatin, Oregon 97062 USA
電話： 1-800-853-8883

聲明產品

產品名稱： SE836
產品名稱： 心跳監控器附速度和距離計外加電腦連線
製造商： IDT Technology Limited
地址： Block C, 9/F, Kaiser Estate, Phase 1, 41 Man Yue St., Hung Hom, Kowloon, Hong Kong

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